THE ANCHOR NEWS

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St. Joseph-Lincoln

Senior Service Center

3271 Lincoln Avenue

St. Joseph, MI 49085

(269) 429-7768

DIRECTORSJLSC@COMCAST.NET

WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM BY APPOINTMENT ONLY

It is such a refreshing sight to see so many smiling eyes and hear the happiness and laughter in our hallways once again. The lost year of 2020 was a very hard one for many members and our Center is determined to make 2021 a much better year for all of you! We are very appreciative that our members are being respectful and following our guidelines. Please remember you need to sign up for every activity you are going to attend at our Center because in some cases the number of people will determine what room we schedule your activity in. There are some activities that you never needed to sign up for in the past but now you are required to do so. These procedures won't last forever, but for now we need your continued cooperation.

VOLUNTEERS NEEDED

Are you looking for ways to give back to the community? Do you have extra time in your schedule and you are looking for something to fill that extra time? Look no further! We are in need of volunteers in the following areas:

- Handymen or Handywomen
- Transportation Drivers
- Steelhead Triathlon Volunteers
- Temperature Screeners and Tour Guides
- Gardening Club Volunteers
- Circuit Training Room Monitors

If you are interested, please call the Center for details!

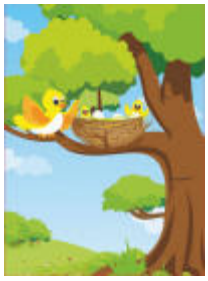
BRICK FUNDRAISER

We recently had the first group of engraved bricks and a bench installed by the flag pole area in our Walking Trail. This area is a spot for people to sit, relax and enjoy this calming place at our Center. If you would like to purchase a brick we have 3 sizes with prices ranging from $100 to $275. This is a great way to honor a family member or loved one by giving a unique birthday, wedding or anniversary gift with a one-time donation that will last a lifetime. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens for many years to come. For more information, please contact the Center.

CENTER WILL BE CLOSED MAY 20TH FOR A VACCINE CLNIC

PLANTS THAT ATTRACT BIRDS & BUTTERFLIES

Tuesday, May 11th, 1:00 pm



The Late Blooming Landscapers will be having Sarett Nature Center here for a presentation on Plants That Attract Birds and Butterflies. This will be an interesting class and will fill up fast, so don't forget to sign up to attend.

BOOK CLUB

Wednesday, May 12th, 10:00 am

The Book Club will start meeting again on the 2nd Wednesday of each month at 10:00 am. This first meeting will be to catch up with each other after a long year and to receive the book you will be reading in May. If you have not been part of this group in the past but would like to join, please call and let us know. **As with all of our activities here at the Center, we need everyone to call to sign up each month to attend this meeting.**

FOOT CLINICS

By Appointment Only
Friday, May 14th
Friday, May 21st

Jane Sherwin will be starting up our Foot Clinics again but there is an important change. **A permission form is available at the Center that will need to be signed by your doctor to receive this service at our Center.** Once you have this note from your doctor, please call the Center and we will make you an appointment. There will be no exceptions; if you don't have this document from your doctor, you will not be able to get your feet done. The first visit is $30, which includes a reusable foot care kit. Follow up visits are $25.

NEWSLETTER MAILING VOLUNTEERS
This month's mailing is Wednesday, May 26th at 8:00 am. Please call the Center by May 24th to sign up to attend.

COOKIES & CANVAS

Friday, May 21st, 12:00-3:00 pm
$15 per person, payable at sign up

If you have driven south through Tennessee, you might have seen this barn that states "65 Miles to Rock City." For the month of May you can paint this barn on a 9" x 12" canvas. All supplies are provided. Please sign up and pay by May 14th. Make checks payable to Roy Hruska. **If you sign up for this class and you cancel or don't show, your money WILL NOT be refunded, unless you find someone to take your place.**

OUTDOOR FITNESS DEMONSTRATION

Tuesday, May 25th, 9:00 am -12:00 pm

If you enjoy exercising outdoors, Jean Green will be giving a demonstration of the equipment in the Betty Kohn Outdoor Fitness Zone. We invite you to attend this program where you will learn how to use all of the equipment correctly. There is no need to sign up to attend.

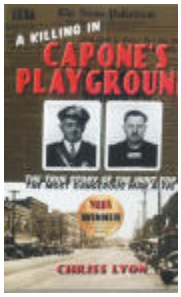
WHAT IS YOUR LEGACY?

Wednesday, May 26th, 11:00 am

Do you want to be informed, inspired, and entertained? Do you think you are "over the hill?" Ron Robb has a 30+ year career as a forerunner, trainer and business builder and is a keynote speaker. He will be giving this fun and informative presentation where you will explore everything from how to find your new calling to why there are three tennis balls in a can. He will talk about utilizing adversity for your benefit, how to get along with cantankerous people, and many other life lessons. You will laugh together, perhaps shed a tear, and will learn how to make these the best years of our lives. As one recent participant said, "If this doesn't light your fire then your wood is wet." Don't forget to sign up for this!

KILLING IN AL CAPONE'S PLAYGROUND

Friday, June 4th, 10:00 am



Chriss Lyon has for more than 20 years been a public safety professional and historian who has not only walked the beat, but shot the most famous Thompson submachine guns in the world, all the while documenting and researching the historic era of the "The Roaring Twenties." Using techniques of forensic genealogy combined with investigative research, she has been able to uncover little known facts about the people and events surrounding the St. Valentine's Day Massacre, revealing them at presentations at schools, museums, genealogical, and historical societies. Remember to sign up to attend!

SENIOR SHREDDING DAY

Saturday, June 5th, 9:00 am-12:00 pm

United FEDERAL CREDIT UNION

This will be our only shredding event this year where you can get your personal documents shredded. This year United Federal Credit Union is sponsoring the event, so there is no charge for this service. However, if you would like to make a donation to the Center, it would be greatly appreciated. Please remember you can have a **maximum of 4 boxes of PAPER ONLY.** Boxes should not be larger than a standard paper ream box, which is 11.5 inches wide, 17.5 inches long, and 9 inches deep.

COVID-19 SEMINAR

Thursday, June 10th, 11:00 am

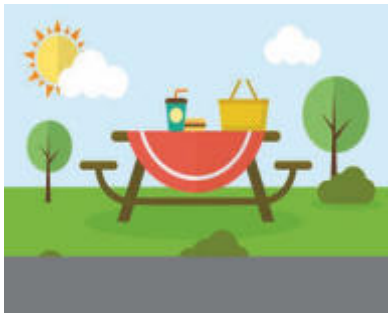
Charlie Olszewski, a retired associate professor and formally with the Attorney General's Office, will provide information on where to find pertinent data, guidance, and policies (federal, state, and Berrien County). He will also explain terminology and provide information and resources to learn more about and track changes, how COVID-19 is contracted, transmission, variants, and immunity. If you'd like to attend, remember to sign up for this program.

STEELHEAD TRIATHLON VOLUNTEERS

Thursday, June 24th - Packing bags at SJLSC
Saturday, June 26th - Registration of athletes

If you would like to help pack goodie bags for the Triathlon athletes on Thursday, June 24th, here at the Center and/or greet and register the athletes on Saturday, June 26th, at Jean Klock Beach, **just call the Center to get signed up.** If you have any questions, please see Jennifer.

WALKING TRAIL & PICNIC AREA



With spring upon us and the weather improving, take the time to get outside and enjoy the picnic table area by the Walking Trail. This is a beautiful addition to our outdoor area thanks to Dr. Jack Porritt. This space was expanded last fall and a fabric shade was installed over the area. We also had 2 more picnic tables recently installed thanks to the DeVries family and Terry McNeil. Pack a lunch and catch up with friends outdoor in the sunshine and fresh air.

THANK YOU VOLUNTEERS!

We would like to express a hearty thank you to the volunteers who came to the Volunteer Appreciation Lunch. It was so nice to catch up with all of you and it makes us happy to make you happy! We could never do all that we do here without all of you! We hope that you realize how much we appreciate you and we hope that you had a great time!

WE LOVE OUR VOLUNTEERS

RECURRING SCHEDULE

MONDAYS
9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:00 am - Calisthenics
11:00 am - Balance Class
12:00 pm - Tai Chi
1:15 pm - Beginning Line Dancing
1:45 pm - Intermediate Line Dancing

TUESDAYS
9:00 am - Resistive Exercise **NO CLASS 6/2**
10:00 am - Range of Motion
11:00 am - Chair Drumming

WEDNESDAYS
9:00 am - Resistive Exercise
10:00 am - Calisthenics
11:00 am - Balance Class
12:00 pm - Parkinson's Exercise
1:00 pm - Stitch & Chat

THURSDAYS
9:00 am - Computer Lab **BY APPT.**
9:00 am - Resistive Exercise
10:00 am - Range of Motion
11:00 am - Tai Chi

FRIDAYS
9:00 am - Chair Yoga
12:00 pm - Parkinson's Exercise **NO CLASS 5/28**

YOU MUST SIGN UP FOR EVERY ACTIVITY AT OUR CENTER TO ATTEND.
NO WALK INS WILL BE PERMITTED.

- You must **enter the Center through the front door,** where you will be screened.
- You **must sign up for a class to attend,** no walk-ins will be permitted.
- It is mandatory to wear a **mask covering your nose & mouth at all times.** Shields are not acceptable as face coverings.
- You **cannot enter the Center more than 10 minutes** before your class.
- You can only attend **Resistive Exercise** on either Mon./Wed. or Tues./Thurs.
- There will be **no weights** provided, you must bring your own to class.
- For all classes in the Activity Room & Gym you will **exit through the back door** of the gym.

THANK YOU FOR YOUR COOPERATION!

CIRCUIT TRAINING ROOM PROCEDURES

We are excited to be able to open our new expanded Circuit Training Rom from 9:00 am-3:00 pm every day. However, just like all of our other activities, you will need an appointment to use this room.

- You must **enter the Center through the front door,** where you will be screened.
- **You must sign up for an appointment, which will be 45 minutes.** You will need to speak to a staff member to schedule your session.
- If you have **never used our equipment, please let us know when you sign up,** as you will need to have an orientation appointment before you can use the Circuit Training Room equipment.
- You will be **able to sign up for 2 sessions each week.** Once you are on the schedule that is your appointment time every week.
- If you cannot attend your appointment, please **call to cancel or you will be dropped from the schedule.**
- It is mandatory to wear a **mask covering your nose & mouth at all times.** Shields are not acceptable as face coverings.
- You **cannot enter the Center more than 10 minutes** before your appointment.
- You will be **required to wipe down** the equipment after using it.
- You will **exit through the back door** of our Center.
- **No walk-ins will be permitted.**

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BINGO IS BACK!

Thursday, May 13th, 1:00 pm $1
Thursday, May 27th, 1:00 pm FREE

BINGO is back, and like many things, it will be done a bit differently. Please **don't enter the building before 12:45 pm** because you will not be able to come into the gym. You will have an individual table with 2 bingo cards and a cup of chips waiting for you. You can check out the prizes when you arrive, but no touching please. **You will need to sign up to play BINGO every time and you can only sign up 1 month at a time.** Please bring **$1 in correct change,** as we will not be making change. **Space is limited, so call to reserve your spot soon.** We will take a waiting list for this activity, so please be considerate of others by canceling if you signed up and then cannot attend.

TRIP

MACKINAC ISLAND GRAND EXPERIENCE

September 28th - October 1st
$1,190 single occupancy
$920 double or triple occupancy
50% deposit at sign up
Trip balance due: August 10th
Trip meeting-September 14th-10:00 am

TRAVEL INSURANCE IS AVAILABLE & IS HIGHLY RECOMMENDED.
INSURANCE MUST BE PURCHASED WITHIN 2 WEEKS OF SIGN UP.

This trip includes round trip motor coach and ferry transportation and a 3-night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy a full breakfast each morning, tea and cookies each afternoon, a 4-course dinner each evening, special champagne reception, nightly demitasse, and dancing to the Grand Hotel Orchestra. You can also enjoy a Grand Hotel history lecture, a horse drawn carriage tour of the island, bocce, golf putting and chipping tournaments, bingo, self-guided walks, writing contests, movies, daily activities, evening entertainment & many more activities. There will be discounts on bicycle rental, golf, photos, and of course fudge! We are reserving two buses to transport our seniors to and from Mackinac City this year to stay within the guidelines of social distancing. However, we need to fill the second bus for those guests to take the trip. **Everyone must attend the trip meeting in September, so mark it on your calendar now!** Sign up soon, this trip will fill up fast!
Active Activity

TRIP POLICY REMINDERS

All Center trips are for ages 60+ unless otherwise noted. We only accept cash or checks, but at this time would **prefer checks.** A waiting list is taken for all trips.

In cases of cancellations, refunds (less a $5.00 administrative fee) are given, if a replacement is found.

We cannot take names over the phone, a deposit is required to reserve your spot. We do not recommend mailing in your deposit because by the time we receive it, the trip could be full. All trip information is posted at the Center and on the website (www.sjlsc.org) on the day the newsletter is mailed. If you require more than courtesy assistance, you must have a traveling companion. The Center staff reserves the right to determine the level of activity and each individual's ability to participate on each trip or one's need for assistance. If the trip is advertised as an **ACTIVE ACTIVITY**, one should be very mobile and not need assistance to travel, since you could be on and off the bus and visiting multiple locations. Please remember that all trips are based on time schedules and guests need to follow all instructions, including where to meet and what time. All information will be provided to you before your trip. The bus will leave at the departure time, from **Roger's Foodland, 4039 Hollywood, St. Joseph.** The Center does not hold trips for profit, but for enjoyment.

DONATIONS

- Celina Bevelhymer made a *Donation of Fresh Beautiful Flowers.*
- Shirley Ann Osborne made a *Donation of Loan Equipment in Memory of Ina Osborne.*
- Sharyl Freehling made a Donation of Beautiful Art Work to Brighten Up the Center.
- Jerry Stelling made a Donation to the Loan Closet.
- Joan Ziebarth made a Donation of Fresh Beautiful Flowers.
- Erika Mauerman made a Donation of a Plant and Beautiful Bird's Nest.

MONETARY DONATIONS

- All the anonymous transportation riders for *Donations to our Transportation Program*.
- Joan Stilwell, Erna Felgner, Carolyn Summerill, Raylene Stickney, and Mina Halsey made a *Donation to our General Building Fund*.
- Robert & Sandy Baushke, Helen Metzger, Joann Scates, Darlene Adler, Barbara Enders, Robert & Annette Mahler, Janet Wolff, Ron & Carol Bonczkowski, Dorothy Zuber, Lois Rosetto, Steven Wilder, Eva Howard, Joan Ziebarth, and Doris Hunter made a *Donation to the Building Fund Program*.
- Stephen & Pauline Fox and Ron & Cindi McLaughlin made a *Donation to the Brick Fundraiser*.
- Else & Ingrid Elsner made a *Donation to Friendship Garden.*
- Michael & Deborah Gregory, Sandra Barker, Hans & Susan Schraeder, Howard, Waterman & Homic Families, Lawrence Epple, Dave & Peggy Grabemeyer, Bill & Diana Grabemeyer, Tom & Prudy Nelson, and St. Joseph Benton Harbor Rotary Club made a *Donation in Memory of Norm Ferguson.*
- Darlene Adler made a *Donation in Memory of Russell "Rusty" Adler.*
- Phyllis Herod, Mary Sundblad, Mary Ann Kuehl, and Carolyn Corteville made a *Donation in Memory of Madeline Bentley.*
- Phyllis Herod made a *Donation in Memory of Orvid Harju.*
- Norman Sauser made a *Donation in Memory of Yvonne Post.*
- Shirley Miller made a *Donation in Memory of Madeline Bentley and Sally Ann Mettler.*
- Charmain Farnan made a *Donation in Appreciation of Pauline Fox.*
- Susan Pagen *made a* Donation to the Circuit Training Room.
- Janet DeRubbio made a *Donation to the Parkinson's Program.*
- Clover Lee Wolford made a *Donation to the Walking Trail & Gardens.*

WE APPRECIATE YOU MORE THAN YOU WILL EVER KNOW!

To our Board of Directors who have been faced with many difficult decisions over the last year and have always put the safety of our members and staff first. They have also approved vast improvements to our Center to ensure the safety and comfort of our members.

To the many volunteers who have given so much of themselves over the last year to enhance our Center in more ways than we can count.

To all our volunteers that are currently assisting us in various ways now that our Center has reopened: AARP Tax Volunteers, Bingo Volunteers, Circuit Training Room Monitors, Commodity Volunteers, Computer Lab Assistance Volunteers, Foot Clinic Volunteers, Friendship Garden Volunteers, Front Desk Receptionists, Greeting Cards Volunteers, Handy Man Volunteers, Newsletter Mailing Volunteers, Front Door Screening Volunteers, Transportation Drivers, Stitch & Chat/Quilting Volunteers, Vaccine Clinic Volunteers, Volunteer Instructors & and the Walking Trail Volunteers.

Thank you to Golden Brown Bakery and Walgreens for their support for our Volunteer Appreciation Day!

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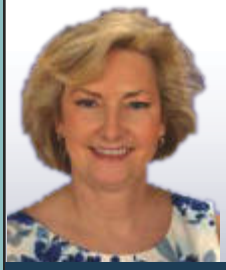

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ANCHOR NEWS

If you normally receive your newsletter in the mail but have returned to the Center for activities, please pick up your newsletter while you are here. This will help us to keep our mailing costs down. Please email assistantsjlsc@comcast.net or give us a call so we can stop your newsletter mailing. Thank you!

MEMORIAL DAY

Let us remember those who sacrificed their lives for the peace and security of our country. Thank you to the many men and women, past and present, it is because of you that we can all sleep better at night. We cannot thank you enough!

WHAT'S BLOOMING!!

Many thanks to all of our green thumbs who have dedicated so much of their personal time to beautify the surroundings at the Senior Center. Come take a walk on our beautiful walking trail and take a look for yourself at all the flowers that are popping up all over the place!

SPREAD THE WORD

It's never too late to learn! We will be introducing to you new words and their definitions. We hope you enjoy this monthly addition to the newsletter!

SUFFONSIFIED (suh-FON-si-fide) - Adjective: Satisfied or satiated in appetite.

"I am sufficiently suffonsified."

NEW & IMPROVED CIRCUIT TRAINING ROOM

There have been many improvements made to the Circuit Training Room. We hope that you are enjoying this and are taking full advantage of what it has to offer.

DRIVERS NEEDED

We are still in need of drivers to take our homebound senior citizens to doctor appointments and activities at the Center. This is a very rewarding volunteer opportunity and you only need to drive 1-2 days per month. If you would like to become a driver, or know someone who would, please ask them to contact Jennifer at our Center for more details.

INTEREST LISTS

We would like to plan some new activities and need to know if any of the ideas below would interest you. Please call and speak with a staff member to express what you would like to participate in below or to give us some other ideas.

- Computer Class
- Art Class
- Crafts Class
- Woodworking Class
- Photography

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www.berriencounty.org/veterans

veterans@berriencounty.org

When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder – combat or personal trauma) to name a few.

★PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.

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NOTES FROM RICK

I have just four short months left as your Board President. Because of term limits, at the end of this fiscal year, I am term limited out. It has truly been an honor to serve on the Board of Directors and to be your President. I had a lot of inspiration from Priscilla Byrns, whom I replaced. Prill had a lot more confidence in me, than I had in myself.

I like to think that we have gotten a lot done while I've been at the helm, but it is really because you have a great Board of Directors. This group of people have always been looking out for ways to improve and make this a better Senior Center.

This year three of us, Treasurer Bob Hopkins, Secretary Mary Sundblad, and myself will all fulfill our term limits. So I am encouraging you to run for the Board of Directors this fall. We have a Board of 12 members, all with distinct skill sets and opinions. Even though we have disagreements from time to time, I can honestly say we have always made the decision that has moved us forward in the best interest of the membership here at the Senior Center. We have always been able to find common ground in the operation of our wonderful facility.

What skills do you need to be a board member? Number one requirement is the desire to work at making our Center the sort of facility that supports our mission and to contribute to our success. Be willing to volunteer here at the Center and on committees. Do you have a skill that would enhance the board or Senior Center? Do you have a background that would help balance the board? When I became President I got to thinking about what I would like to see us do here at the Center. Luckily I had a board that would both listen to me, take on the good ideas and corral me in on my more outlandish ones. But that is what a Board of Directors does. If you're interested in being a board member you should plan to attend our board meetings. I would be happy to discuss with you what could be one of the most rewarding experiences of your life.

Rick Freridge

SJLSC Board of Directors President

ELIMINATE YOUR JUNK MAIL

Bring your junk mail into the Center to put an end to it! If you are tired of receiving certain mailings, remember that you can bring them here for Ken Schneider to contact the organization that is sending you these publications. We also have information here at the Center if you would like to do this yourself. Remember it can take several months before you could see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.

SENIOR SOFTBALL

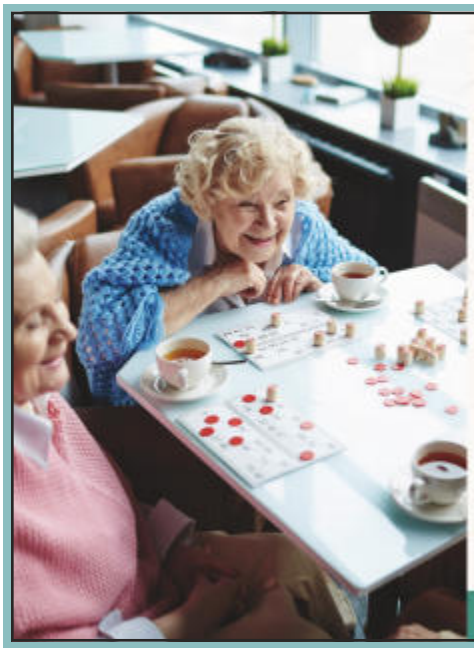
Thursdays, 1:00 pm

We need to know the amount of interest in continuing this activity this year. If you would like to join a group of laid back, fun loving seniors and play a little softball, give us a call. They would play or just hit around every Thursday through the end of July at Eaton Park. If weather is questionable the Center will know by 11:00 am if the activity would be cancelled. Please call soon to let us know if you would like to participate.

IMPORTANT REMINDERS

- We are only open for scheduled activities at this time and you need to sign up anytime you are coming to the Center.
- Please call and set up an appointment to check books or movies out of the library.
- Please call to schedule a time to pick up loan equipment when needed.
- We are still only providing transportation for medical appointments and activities at our Center.

If you would like an email reminder when the newsletter is online, please email us at assistantsjlsc@comcast.net



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Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60 + citizens of our community.

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Vice President	Pauline Fox
Secretary	Mary Sundblad
Treasurer	Bob Hopkins

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Program Coordinator	Jennifer Malone
Support Associate	Sharyl Freehling
Staff Assistant	Sarah Rodgers
Receptionist	Onalee Hartman
Building Custodian	Tai Huynh

AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111

MAY'S ACTIVITIES

11 Plants That Attract Birds & Butterflies 1 pm
12 Book Club 10:00 am
13 BINGO 1:00 pm
14 Foot Clinic I - **BY APPOINTMENT ONLY**
20 Board Meeting 10:00 am
20 Vaccine Clinic-**CENTER CLOSED**
21 Commodities - Monthly - 9:00-11:00 am
21 Foot Clinic II - **BY APPOINTMENT ONLY**
21 Cookies & Canvas 12:00-3:00 pm
25 Outdoor Demo 9:00 am-12:00 pm
26 Newsletter Mailing 8:00 am
26 What Is Your Legacy? 11:00 am
27 BINGO 1:00 pm
31 **MEMORIAL DAY - CENTER CLOSED**

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"God could not be everywhere, and therefore he made mothers." The Board of Directors and Staff of SJLSC would like to wish you a Happy Mother's Day. It is such a blessing to see you all again in whatever capacity is possible. We hope you have an amazing Mother's Day!